



A poster with a dark blue background and orange geometric patterns on the left and right sides. At the top center is a red circle with a diagonal slash over the word "DRUGS" in black capital letters. Below this, the text "TALK & OFTEN" is written in large, bold letters, with "TALK" in white, "&" in white, "EARLY" in yellow, and "OFTEN" in blue. Underneath, "KIDS LISTEN" is in orange, "and" is in small white text, and "PARENTS DO MATTER!" is in green and white. Below that, it says "CALL 2-1-1 FOR ~INFO ~REFERRALS". At the bottom left, it lists "Drug Abuse Awareness Events begin at 6:30 pm" followed by a list of schools and dates. At the bottom right is a "2-1-1" logo with the text "CALL 2-1-1" and "Get Connected. Get Answers." along with a website URL.

DRUGS

TALK & OFTEN EARLY

KIDS LISTEN
and
PARENTS DO MATTER!

CALL 2-1-1 FOR
~INFO
~REFERRALS

Drug Abuse Awareness Events begin at 6:30 pm
~Middletown HS - January 29, 2014
~Governor TJ HS - February 19, 2014
~Brunswick HS - March 19, 2014
~Oakdale HS - April 23, 2014

Information & Referral: 24/7
Crisis Intervention
Maryland
CALL 2-1-1
Get Connected. Get Answers.
Or call 1-800-431-4800 • www.211md.org



Governor Thomas Johnson High School

February 19, 2014

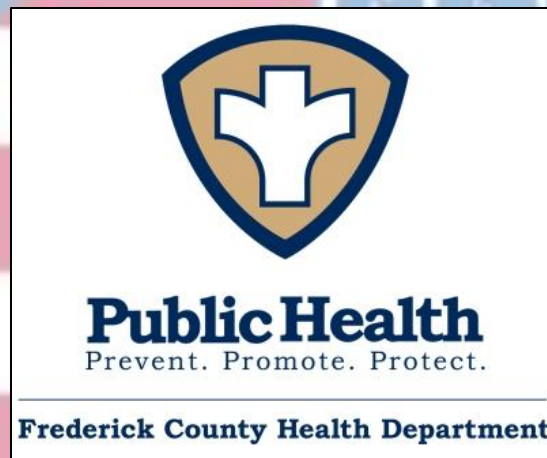
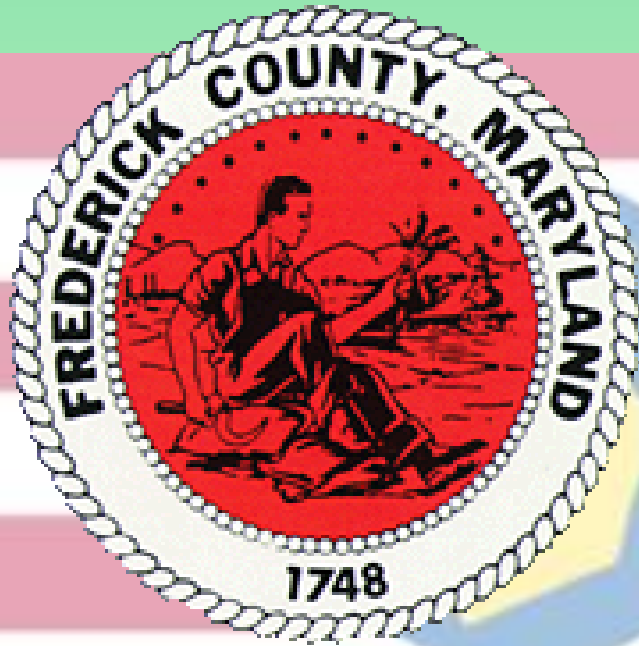
Drug Awareness Poster Contest Winner

Liana Sales, 12th Grade, Frederick High School



1st Runner Up – Payton Steele
9th Grade, Oakdale High School

2nd Runner Up – Maddie Wells
8th Grade, Middletown Middle School



Governor Thomas Johnson High School

Drug Abuse Awareness

Educating Parents:

**Your Community,
Your Child, Getting Help**

Commissioner Billy Shreve



*Frederick County
Board of County Commissioners*

Drug Awareness Planning Committee

Billy Shreve - Frederick County Commissioner

Delegate Kelly Schulz – State of Maryland

David Dunn - Board of County Commissioner's Liaison

Dr. Theresa Alban – Superintendent FCPS

Dr. April Miller - Board of Education Member

Marty Burns - Thurmont Town Commissioner

Dr. Barbara Brookmyer - Frederick County Health
Department Director

***This Evening's
Panelist***

Delegate Kelly Schulz



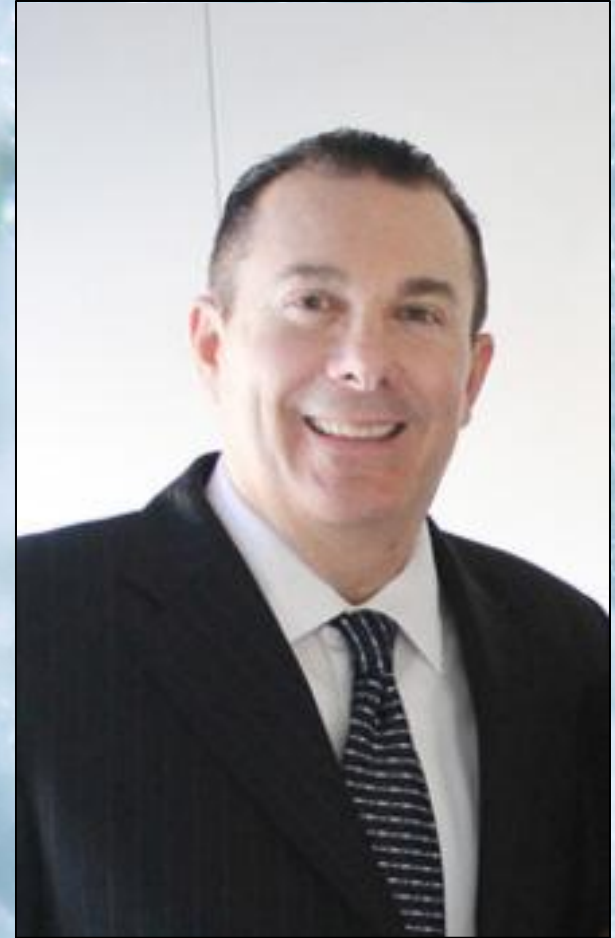
*District 4A
Frederick County Maryland*

Captain Tim Clarke



*Captain Tim Clarke
Frederick County*

Mike Folio



*Program Director
Youthful Offender Program*



Public Health
Prevent. Promote. Protect.

Frederick County Health Department



Sarah Drennan
Clinical Treatment Manager



Todd Crum
AODA Prevention Supervisor



Larkin Hohnke
Director of High Schools



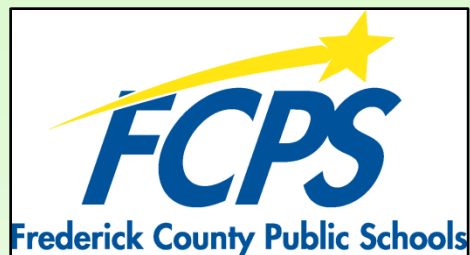
Brett Stark
***Director of Curriculum,
Instruction & Innovation***

Our Many Thanks To...

**Governor Thomas Johnson
High School**

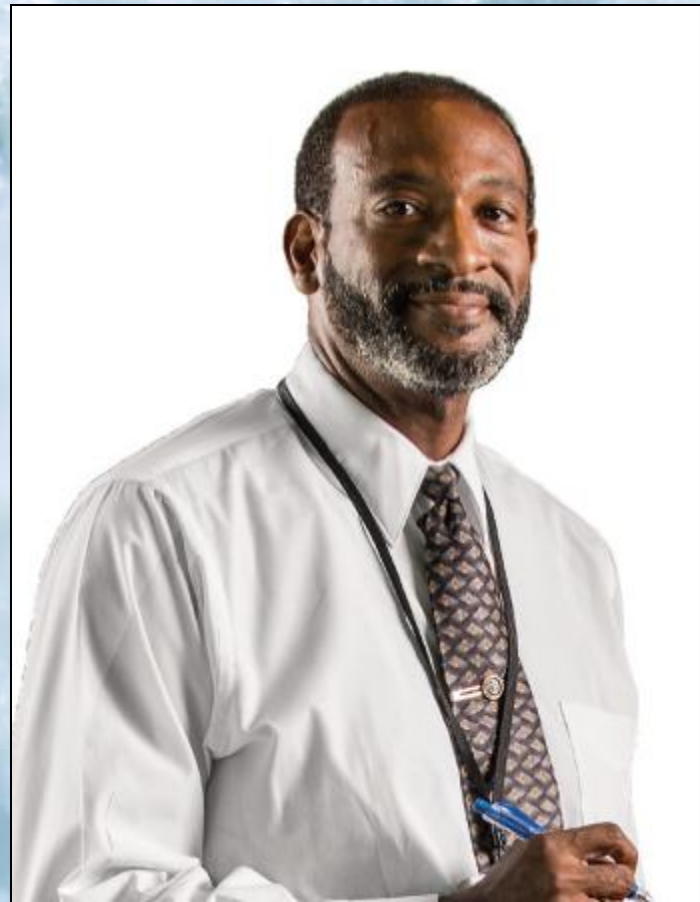


Ann Bonitatibus



*Chief Operating Officer
Frederick County Public Schools*

Jethro Reid



*Principal
Gov. Thomas Johnson High School*

Tonight's Goals

1. Educate Parents
2. Parents should leave the seminar with a better understanding of:
 - Today's drugs and paraphernalia
 - The signs their children may be using drugs
 - Who to call if they need help

Seminar Outline

7:00 pm: Formal Presentation

Police Statistics and Public Health Statistics

Signs that your child may be using drugs

Advice to Parents: “How to” and “What to say” to help their children

What happens if your child is caught with drugs

Getting help: Community Resources

8:00 pm: Question and Answer

Question forms will be collected from the audience

Delegate Kelly Schulz



*District 4A
Frederick County Maryland*

Catoctin Summit Adolescent Treatment Program



Recovery
Through
Personal Commitment,
Professional
Intervention and
Community
Involvement

Police & Health Statistics

**What is happening in
your community?**

Captain Tim Clarke



*Captain Tim Clarke
Frederick County*

Sheriff's Office

Frederick County is experiencing a dramatic increase in the number of overdoses by both heroin and opioid (or opiate) based prescription medications, resulting in an alarming number of fatalities.

Heroin is one of the most addictive and destructive drugs in the world.



Frederick County Heroin-Related Overdoses*	2012	2013	Change	% Change
Total Non-Fatal Heroin Overdoses	11	31	20	182%
Total Fatal Heroin-Related Overdoses	6	18	12	200%
Total Heroin-Related Overdoses	17	49	32	188%

***MSP figures not currently available**

Sheriff's Office

The number of tips and complaints to the Sheriff's Office Narcotics Unit regarding use, possession, and distribution of heroin has increased by approximately 300% over the past year. This is a statewide trend and has become a true Public Health Safety issue.



Sheriff's Office

Investigators are finding that in many cases our local young people are traveling to Baltimore to purchase the heroin. They typically purchase enough for their own use and enough to sell small quantities to their friends.



Sheriff's Office

Along with heroin, Frederick County has seen a tremendous increase in the use and sale of marijuana. 2013 has yielded marijuana seizures almost five times greater than in 2012.

Late in 2013, Frederick County was designated as a **High Intensity Drug Trafficking Area** by The Office of National Drug Control Policy.



Sheriff's Office

This fact is evidenced by a recent Sheriff's Office drug interdiction effort which netted 27 CDS (Controlled Dangerous Substances) arrests over four evenings on routes coming into Frederick County from points east.

Those arrests were primarily for possession of heroin, heroin paraphernalia, and marijuana.



Sheriff's Office

The increasing sale and use of heroin and opiate based prescription medications has a direct correlation to increases in other crimes to include theft, burglary, robbery, and assault.

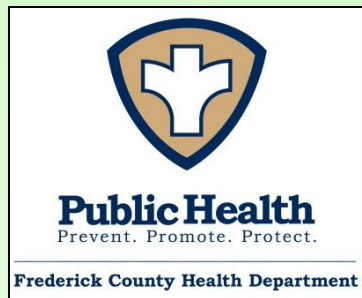


Sheriff's Office

The challenge to parents, family members, all of us; what can we all do to have a greater influence on our young people than the illegal drugs, other drug users, dealers, and other social pressures?



Frederick County Health Department



***Health Officer, Dr. Barbara Brookmyer
Frederick County Health Department***



Public Health
Prevent. Promote. Protect.

Frederick County Health Department



Sarah Drennan
Clinical Treatment Manager



Todd Crum
AODA Prevention Supervisor

Health Department

9 out of 10 people with a drug/alcohol problem started using as a teen...

-But-

...a child who gets through her/his teen years without abusing drugs or alcohol is highly unlikely to develop a problem as an adult



Health Department

In their minds ...



The human brain is not fully developed until the mid-20s

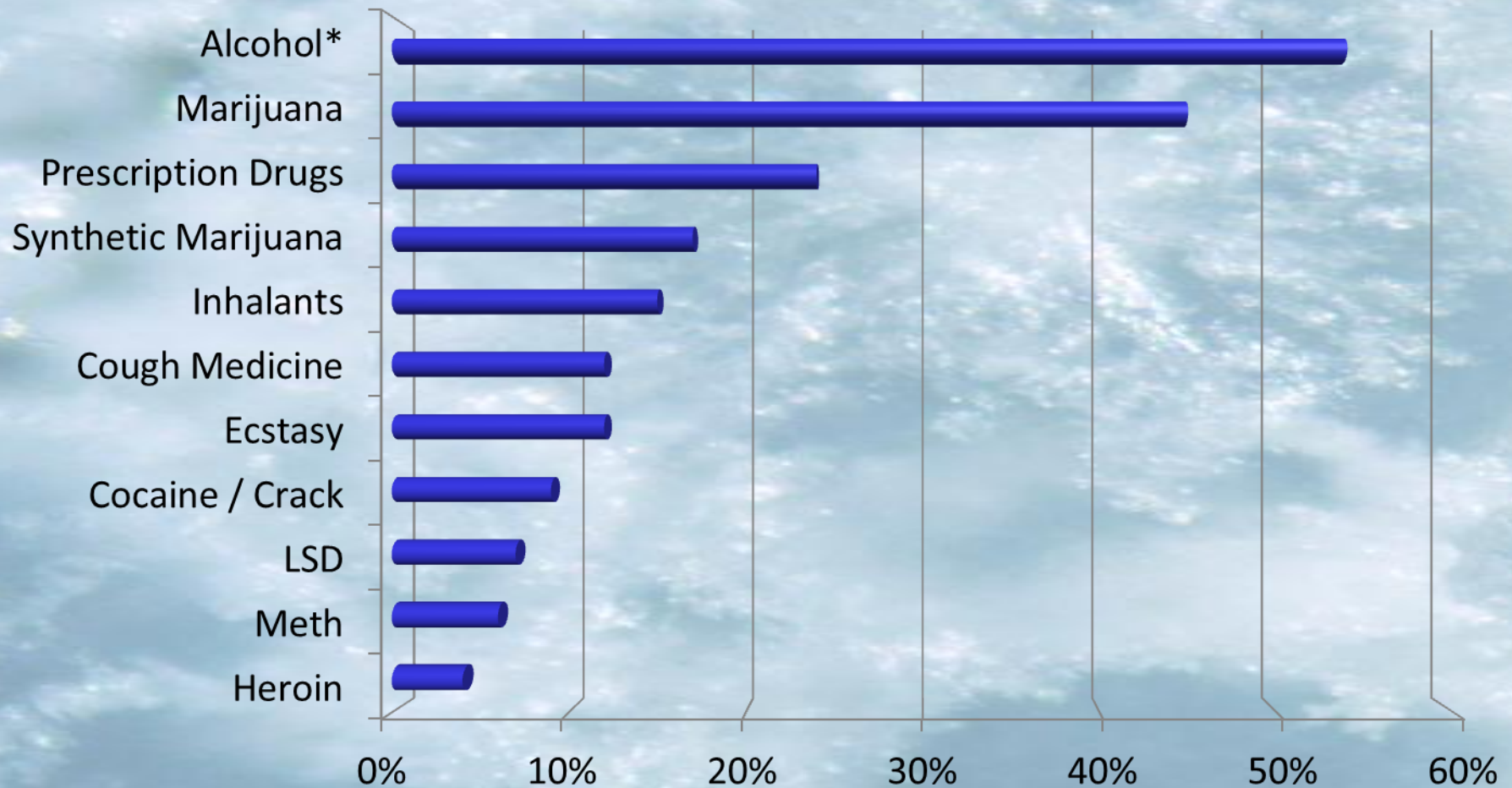
Judgment develops last

Health Department

National Drug & Alcohol Scene

- **In the past 30 days:**
 - 25% of 12th graders have used an illicit drug – 1/3 of whom used an illicit drug other than marijuana
 - 42% drank alcohol; 28% report being drunk
- 24% of 12th graders report having 5 or more drinks in a row in the past 2 weeks

National Drug & Alcohol Scene



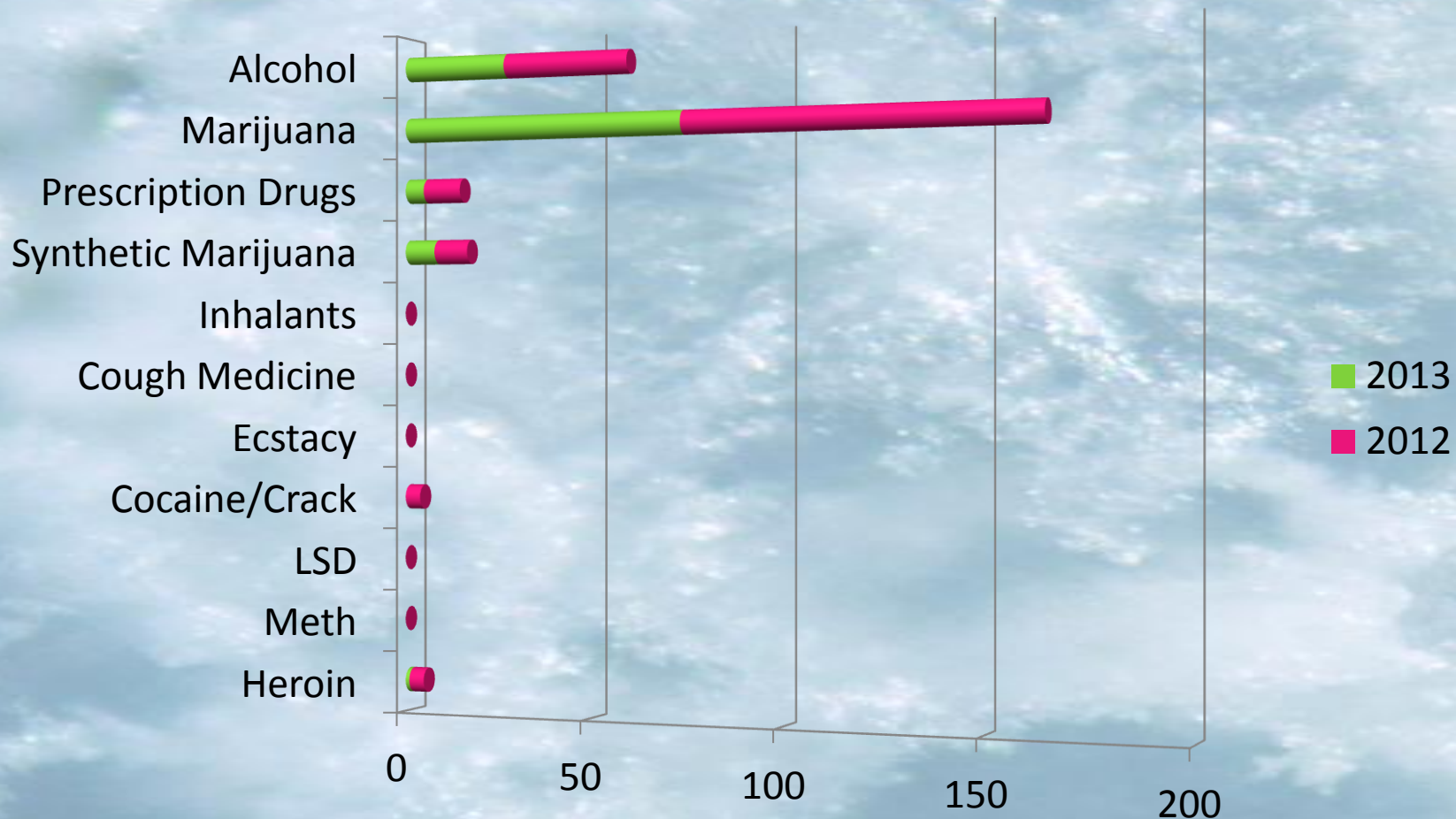
The Partnership at Drugfree.org, PATS 2012;; 7-12th Grade Lifetime Use; * Alcohol, "Been Drunk" 12th Grade Lifetime, Monitoring the Future, 2012

Health Department

Local Drug & Alcohol Scene

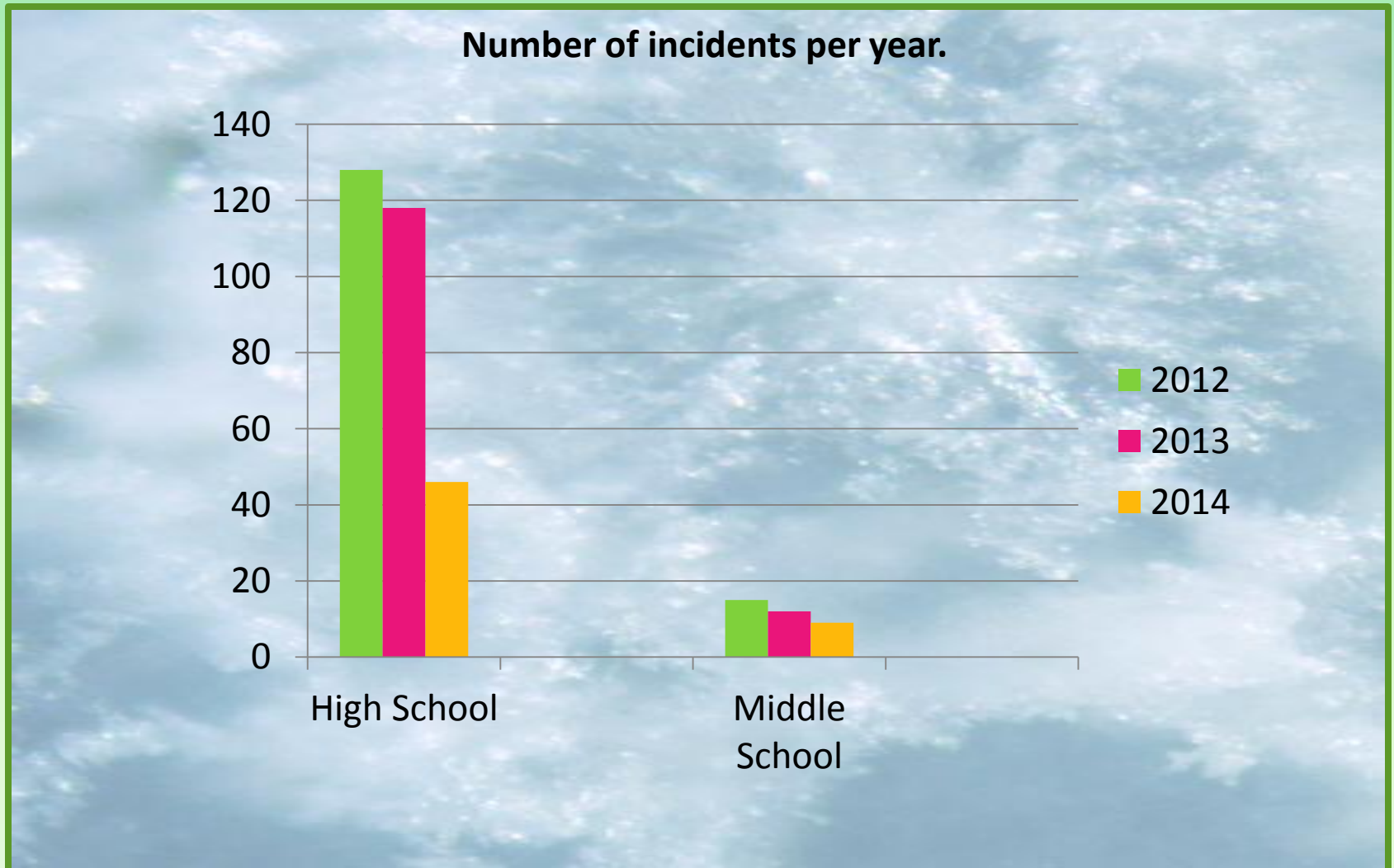
- ***Frederick County***
 - *Alarming occurrences of overdose deaths*
 - *Emphasis on opiates – heroin and prescription drugs*
 - *Especially lethal when used in combination with alcohol and/or benzodiazepines*
 - *Alcohol , tobacco and marijuana remain the most abused substances for youth*

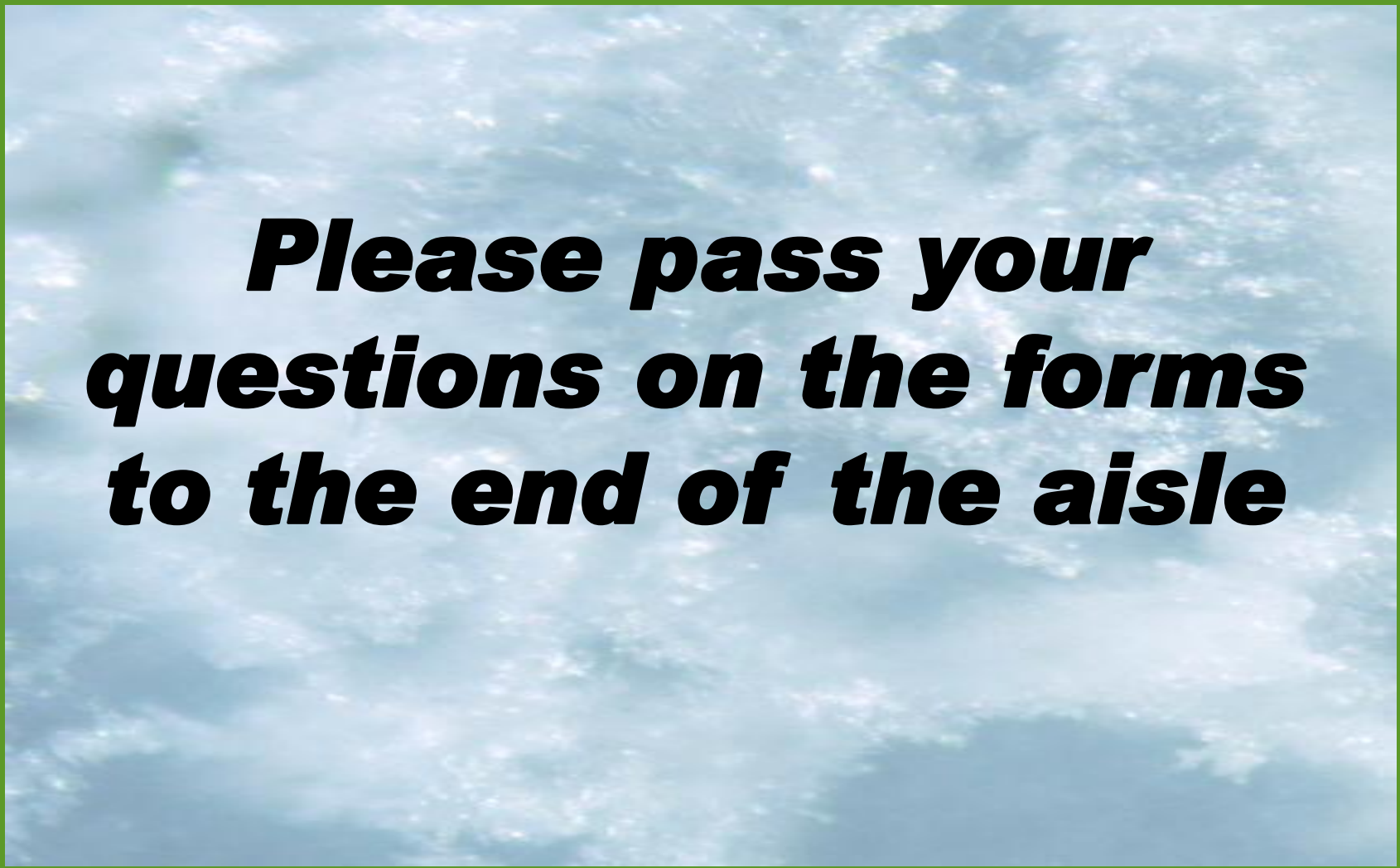
FCHD Adolescent Admissions to Treatment by Substance



FCPS Systemic Data

Use, Possession, Distribution of Drugs





***Please pass your
questions on the forms
to the end of the aisle***

The Signs

**That your child may be
using drugs**

Signs That Your Child May Be Using

- Here are 5 changes to watch for...

1. Declining school work and grades
2. Abrupt changes in friends, groups, behavior
3. Sleeping habits/abnormal health issues
4. Deteriorating relationships with family
5. Less openness and honesty

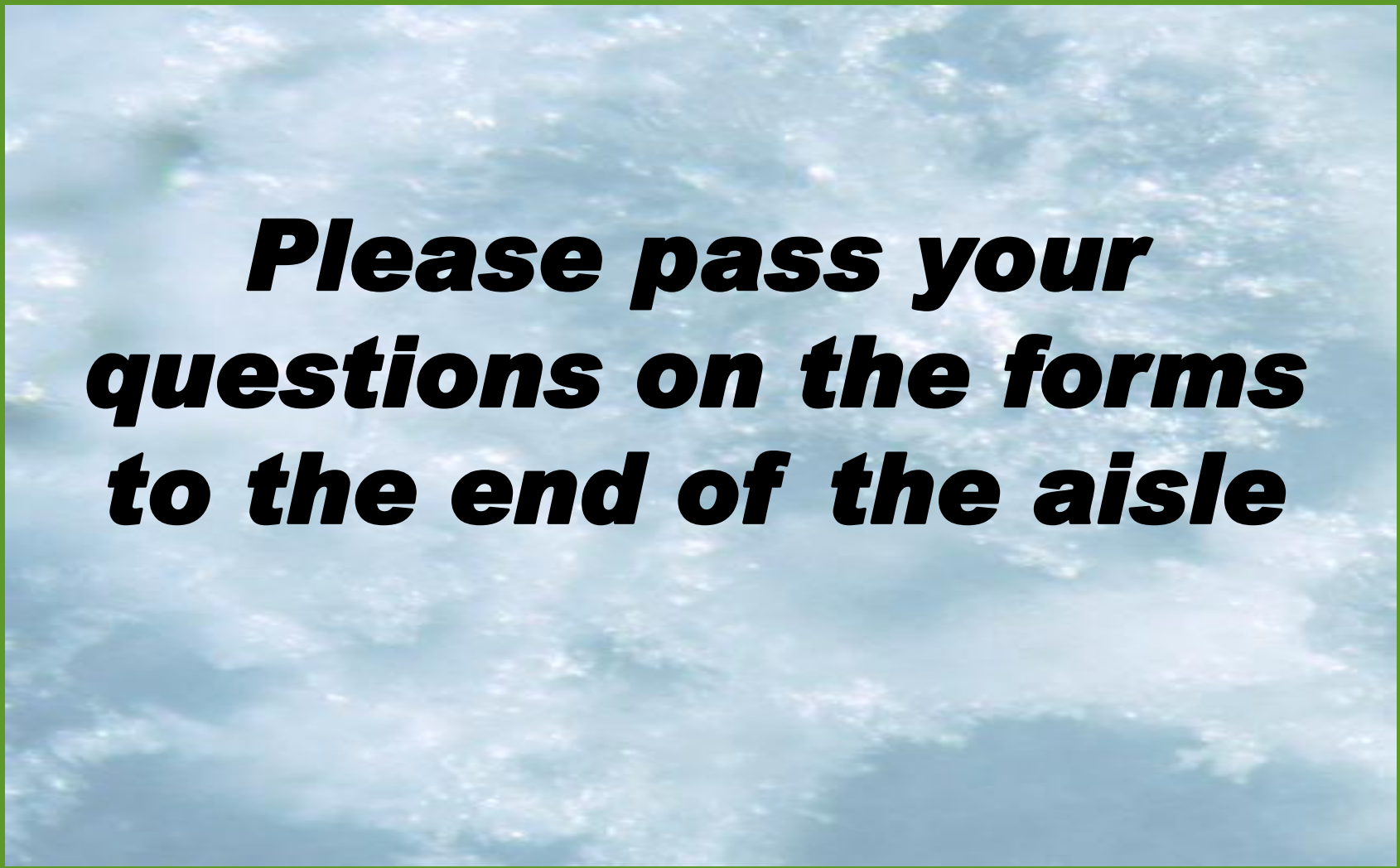
*Note! Many of these behaviors are “typical” teen behavior and may have nothing to do with drug use; but the **suddenness** of changes, or the occurrence of **several changes at once**, should alert you to the possibility of a problem.

- Be aware of *special vulnerabilities* →

Special Vulnerabilities



- Family history – predisposition to drug or alcohol problems
- Close friends who use drugs or alcohol
- Early first use
- Diagnosed or undiagnosed depression/ other mental health disorders
- Problems in school/learning disabilities



***Please pass your
questions on the forms
to the end of the aisle***

Advice to Parents

“How to”

&

“What to say”

What You Can Do

- You can help your child avoid the problem (prevention)
- You can help your child address the problem (how to spot drug/alcohol use & what to do when you find it)



What You Can Do



- You can help your child avoid the problem (prevention)

What You Can Do

- You can help your child address the problem (how to spot drug/alcohol use & what to do when you find it)



Communicate – 4 Tips to Help

1. Clearly communicate the risks of drug/alcohol use
2. Let your kids know you disapprove of any drug/alcohol use – teens who believe their parents are okay with them smoking marijuana **are twice as likely to do so**
3. Use “teachable moments” to raise drug/alcohol issues
4. Frequently talk **AND LISTEN** to your kids about how things are going in their lives

Even if you used in the past, don't be afraid to talk!

Monitor – 6 Tips to Help

1. Know who your child is with
2. Know what they're doing
3. Know where your child will be
4. Know when your child is expected home
5. Know who your teen's friends are – communicate with their parents
6. Establish and enforce rules – including a clear “no use” policy



Health Department

How to and What to Say

5 ways to take action

1. Focus – You can do this

- ✓ Don't panic, but act right away

2. Start talking

- ✓ Let your child know you are concerned – communicate your disapproval

3. Set limits – set rules and consequences. If they haven't been in place before, you have to step in

4. Monitor – Look for evidence, make lists, keep track

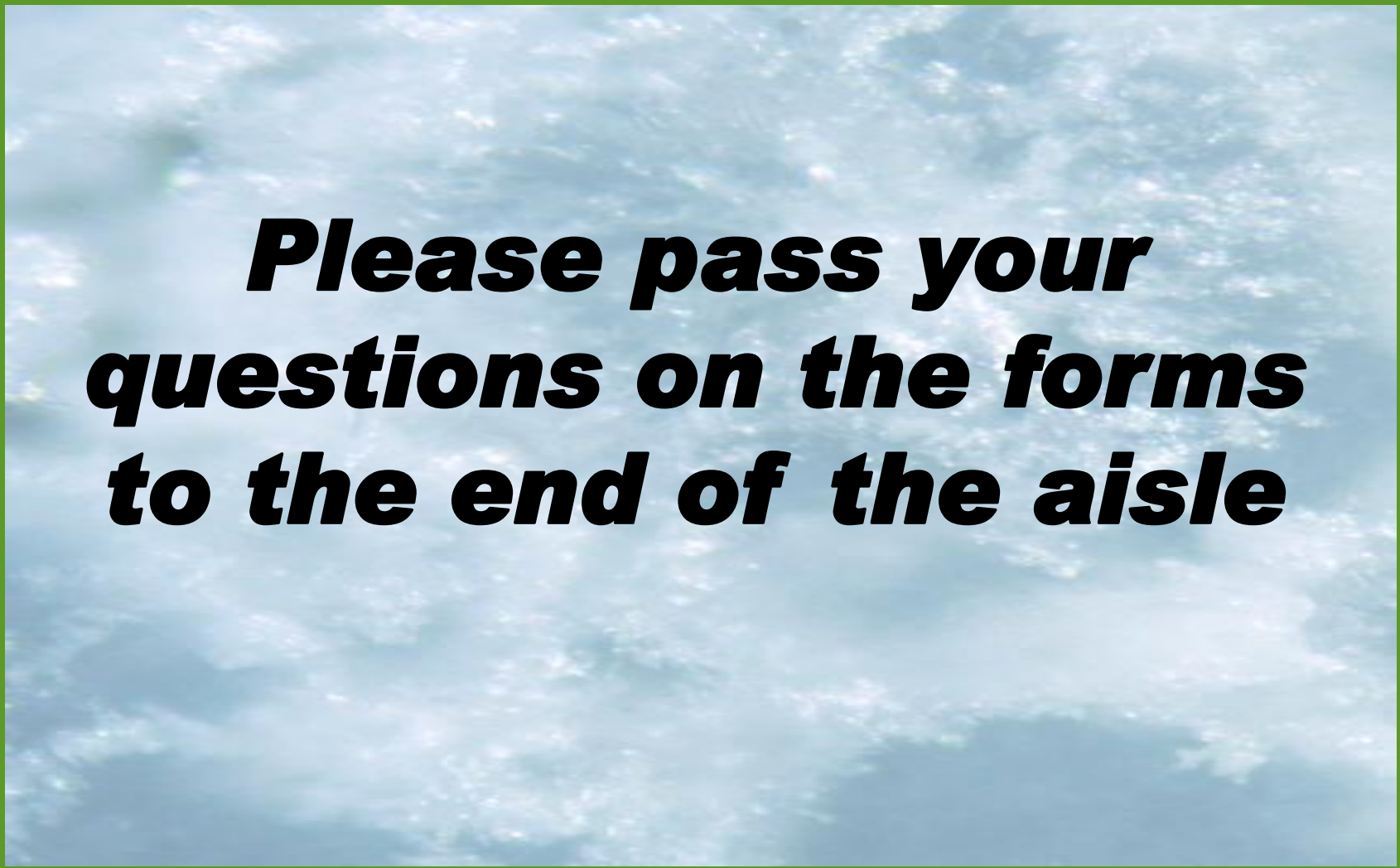
5. Get outside/professional help – you don't have to do this alone!

- ✓ This is a health issue. If your kid had a cough that wasn't going away, you wouldn't wait and wait and try to figure it out for yourself – you'd find a doctor. Substance abuse is no different. Talk to a doctor, a teacher, a substance abuse counselor or a parent who has been through this. They will all be willing to help you.

Sheriff's Office

- Awareness/Direct Involvement
 - Education – Talking about the dangers of heroin and other CDS (Controlled Dangerous Substances)
- Zero Tolerance Approach





***Please pass your
questions on the forms
to the end of the aisle***

What Happens

***If Your Child Is
Caught with
Drugs?***



Larkin Hohnke
Director of High Schools

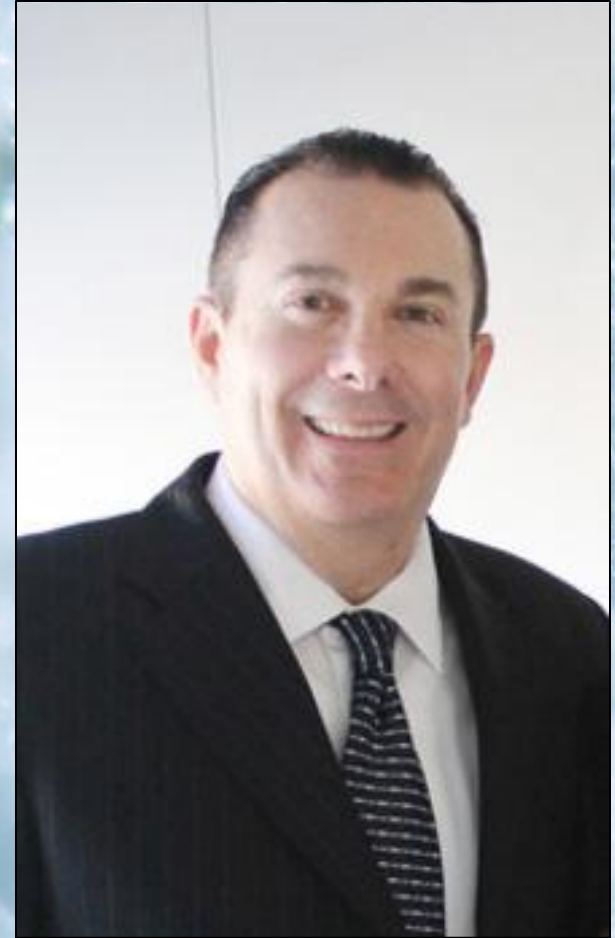


Brett Stark
***Director of Curriculum,
Instruction & Innovation***

FCPS Priority: Student Health and Safety

- Disciplinary consequences for students in possession of, under the influence of or distributing drugs are governed by FCPS Regulation 400-8
 - Police are notified
 - Out of School Suspension/Expulsion
 - Scheduling a Substance Abuse Assessment with an appropriate provider or agency prior to return to school

Mike Folio



*Program Director
Youthful Offender Program*

Youthful Offender Program



Brief Synopsis of Program

- Referred through intake at DJS, Court, School or Parent
- 3 week long program - participants meet twice a week and one Saturday for community service
- Consists of classroom sessions, site visits, and community service
- Participants write a report on each site visit
- A curfew from 7:00 p.m. to 6:00 a.m. is imposed on participants. A single violation constitutes failure
- No school suspensions, or unexcused absence allowed

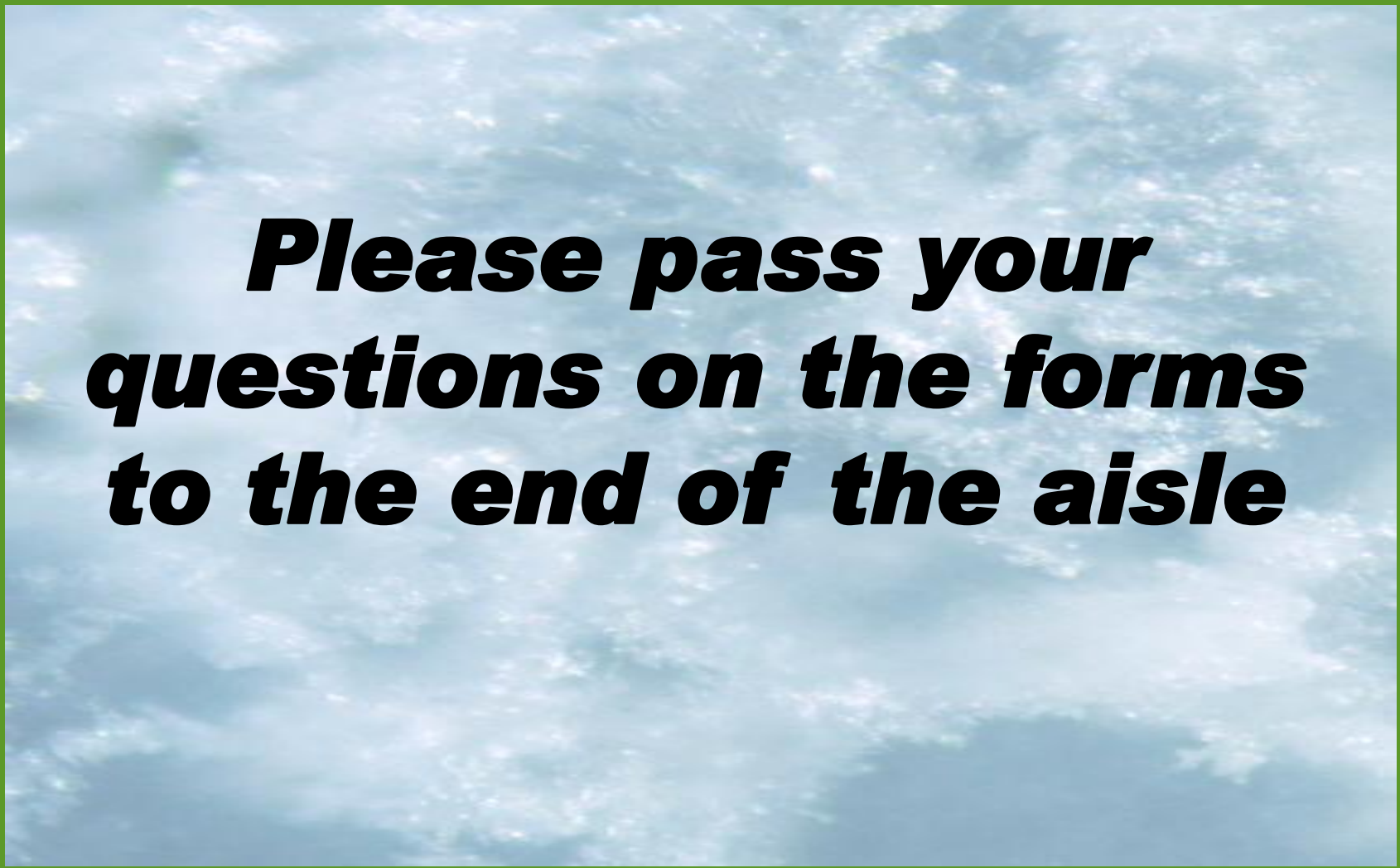


- Previous participants contribute to the drug and alcohol component
- Drug court participants –require 3 months, but some volunteer their own time

Shock Trauma

All-day visit begins with 12 minute video





***Please pass your
questions on the forms
to the end of the aisle***

Getting Help:

Community Resources


Information & Referral **24/7**
Crisis Intervention

Maryland 

CALL

2-1-1™

Get Connected. Get Answers.

Or call 1-866-411-6803  www.211md.org

Airtime and other charges may apply for cell phone users.

FCPS Drug Education in Comprehensive Health Education

- Follow State and National Standards
 - Drug Prevention Education in K-9th grade
 - Grades 10-12 Supplemental units
 - Biology, American Studies II, and English 12
 - Student Learning Outcomes
 - Accessing Information, Interpersonal Communication, Analyzing Influences, Goal Setting, Decision Making, Self Management, Self Advocacy
-

FCPS School Counselor Role

- A resource for students and parents who are in need of assistance
 - Share information about community agency resources
 - A resource for staff members regarding suspected substance abuse
 - Work closely with the school nurse /health tech on health/safety issue
 - School counselors are not trained to perform assessments or substance abuse counseling
-

FCPS School Counselor Curriculum

- **School Counseling Curriculum (PreK-12)**
 - Personal/social development
 - Interpersonal skills
 - Understanding and respecting self and others
 - Decision making
 - Distinguishing between appropriate and inappropriate behaviors
- **Curriculum delivered through:**
 - Grade level assemblies and programs
 - Classroom lessons
 - Small group and individual

FCPS School Collaboration

- Student Services Team (SST) Meetings
 - Diverse group of individuals who identify student challenges and work together, with family, to create a plan of action to intervene and provide necessary supports to the student
- SST Membership
 - Administrator
 - Counselor
 - School Psychologist
 - School Nurse
 - PPW
 - CASS (middle schools only)

FCPS Community Collaboration

- Community resources/partnerships to provide professional learning opportunities to staff
 - Sheriff and Local Police Department
 - School Resource Officers
 - Health Department
 - Catoctin Summit Adolescent Program
 - School Health Council
 - Other Health Education Supervisors



BoCC Liaison David Dunn



Frederick County Government

Frederick County Drug Drop Box Locations

Frederick Law Enforcement Center
110 Airport Drive East
Frederick, MD 21701

Brunswick Police Department
20 East A Street
Brunswick, MD 21716

Thurmont Police Department
800 East Main Street
Thurmont, MD 21788




Information & Referral **24/7**
Crisis Intervention

Maryland 

CALL

2-1-1™

Get Connected. Get Answers.

Or call 1-866-411-6803  www.211md.org

Airtime and other charges may apply for cell phone users.

Getting Help: Community Resources



CONTACT

**Frederick County
Health Department**

**301-600-1755
301-600-1775**

Getting Help: Community Resources



HELPLINE

**1- 855 –
DRUGFREE**

Getting Help: Community Resources



FACEBOOK

/partnershipdrugfree

**or
search for**

**“Frederick County Health
Department”**

Getting Help: Community Resources



TWITTER

@drugnews

@FCHealthDept


Information & Referral **24/7**
Crisis Intervention

Maryland 

CALL

2-1-1™

Get Connected. Get Answers.

Or call 1-866-411-6803  www.211md.org

Airtime and other charges may apply for cell phone users.

Drugfree.org Resources

PREVENT

- **The Parent Tool Kit** helps you start the conversation at any age
- **Habla Con Tus Hijos** is a prevention resource for Hispanic parents
- **The Drug Guide for Parents**

INTERVENE

- **Time to Act** if you think or know your child is using.
- **Intervene blog**
- **Intervention eBook**

GET TREATMENT

- **Treatment eBook**
- **Time to Get Help** helps parents better understand teen and young adult substance abuse and addiction.

RECOVER

- **Time to Get Help community** connects parents who understand and have been there.

You Are Not Alone

Upcoming Drug Awareness Events

Wednesday, March 19th
Brunswick High School

6:30 pm

Wednesday, April 23rd
Oakdale High School

6:30 pm



Parents
YOU MATTER!

Questions?

Comments?

Getting Help: Community Resources

